

High School Strength and Conditioning Coach – Separate Stipends for Fall/Winter/Spring

Supervisor: Head of School/Director of Athletics

General Job Description:

The Strength and Conditioning Coach is responsible for establishing and maintaining a strength and conditioning program for all students, with the three major goals of improving athletic performance, reducing athletic injuries, and teaching lifelong fitness and movement skills. The Strength and Conditioning Coach devises training plans according to sound scientific principles, supervises training sessions, evaluates athletes, maintains athlete records, and teaches strength and conditioning classes as needed. The Strength and Conditioning Coach meets regularly with sport coaches to determine what the athletes need to work on. If working with an injured athlete engaged in rehabilitation, the Strength and Conditioning Coach will consult with the sports medicine or athletic training staff. The Strength and Conditioning Coach is responsible for maintaining the strength and conditioning facility, *supervising the facility on a daily basis*, and for establishing policies, plans, and procedures for the safe and professional operation of the facility.

Essential Duties and Responsibilities

1. Design and implement strength training and conditioning programs in-season, off-season, and pre-season for all school-sanctioned male and female athletic programs in a manner that reflects research-driven practices and our country's Long-Term Athletic/Fitness Development Model.
2. Work in cooperation with the sports medicine or athletic training staff in the rehabilitation and strengthening of injured athletes.
3. Facilitate a collaborative relationship among sport coaches, sports medicine, and the strength and conditioning staff.
4. Design and implement policies and procedures for the strength and conditioning program in accordance with the NSCA Strength and Conditioning Professional Standards Guidelines.
5. Develop systems for tracking athlete attendance and athlete progress in conjunction with the sport coaches.
6. Conduct an annual needs-analysis for each sport team in conjunction with the sport coach and the team's athletic trainer at the conclusion of each sport season.
7. Annually conduct and review a departmental risk management plan.
8. Complete an annual budgetary proposal for the program that includes routine maintenance, purchase of new equipment, and staffing needs.
9. Determine and reinforce expectations for athlete conduct that mirror the school's expectations for curricular and extra-curricular activities, as stated in the school's Student Code of Conduct.
10. Conduct an annual evaluation of departmental staff, including the design of professional development activities.

Stipend: \$6,300 per season

Personal Training Certification Required